



Wisconsin Team Nutrition is excited to announce the eleventh annual Whipping Up Wellness, Wisconsin Student Chef Competition. Students will compete to develop nutritious, student-friendly recipes featuring local foods and that can be incorporated into the school food service program. Students will gain hands-on cooking experience that will give them the knowledge and skills necessary to prepare healthy meals. The competition consists of a Recipe Contest and Cooking Competition.

Recipe Contest

Teams will submit a completed contest application with nutritional analysis and a photograph of their dish. Recipes should be developed by the students with an adult team supervisor. Recipes will be judged on creativity, recipe presentation, use of Wisconsin agricultural products, school food service reproducibility, culinary skills utilized, and level of application completion. Qualifying recipes will be included in the eleventh annual student chef cookbook and may be submitted to the U.S. Department of Agriculture for inclusion in the national recipe database.

Team Formation

- The team must consist of three to five students in grades six through twelve.
- The students must attend a school that participates in the National School Lunch Program.
- The team must have one adult supervisor that may be a school employee or parent/guardian. The adult supervisor will be the primary contact between the Department of Public Instruction and their students. The adult supervisor should provide the team with culinary guidance, teach food safety techniques, assist with the nutritional analysis, and help meet contest deadlines. The adult supervisor should not assist with the development of the recipe.
- The adult team supervisor must be present at the Cooking Competition but may only provide guidance on cooking techniques and food safety at the Cooking Competition.

Application Process

- All team members are encouraged to view the [MyPlate for School Meals](#) video prior to developing their recipe.
- The team must submit an **original** recipe. See the [Helpful Hints](#) handout for more information about developing an original recipe.
- The team or the school must supply the ingredients for developing the Recipe Contest dish.
- The team should consider the Cooking Competition criteria as they develop their recipe.
- The completed application and photograph of the dish must be submitted electronically to the Wisconsin Department of Public Instruction by **March 16, 2023**. Entries may be submitted via email to DPIFNSTeamNutrition@dpi.wi.gov or as a shared Google Doc.

Recipe Requirements

- The recipe must include at least one of the following Wisconsin agricultural products as the main ingredient in the recipe: apples, broccoli, carrots, dairy (milk, cheese, or yogurt),

potatoes (all varieties except sweet), or winter squash. A main ingredient is defined as one of the top four ingredients in the recipe (by weight or volume).

- The recipe must serve four to eight people.
- The recipe must include at least one cooking step.
- The recipe must be either an entrée or a side dish. Submissions that include multiple dishes will be disqualified (e.g., entrée plus side dish).
- The recipe should NOT be a smoothie or dessert.
- If the recipe contains grains (e.g., flour, pasta, rice) all grains must be whole grain-rich. The use of non-whole grain-rich ingredients is permissible when used in small amounts (e.g., flour as a thickening agent, bread crumbs as a garnish).

Additional Recipe Considerations

- The teams are encouraged to develop a recipe that contains less than 10 percent of calories from saturated fat and 480 mg of sodium per serving.
- Recipes can be planned for breakfast or lunch service.
- Students may include fresh, frozen, or pre-cooked meat, fish, and poultry products in their dish. Students using these products are expected to follow appropriate food safety procedures. Raw meat **may not** be served for consumption.

Student Resources

- Food safety information related to safe minimum cooking temperatures and preventing cross-contamination are available at [FoodSafety.gov](https://www.foodsafety.gov).
- The Georgia Department of Education has developed a [Food Safety Video](#) for use with the Georgia Student Chef Competition. The video contains relevant information for the Wisconsin competition regarding personal hygiene, cross contamination, temperature control, and common mistakes.
- Proper knife skills are important for student safety. The [Knife Safety Demonstration](#) video, developed by the Edible School Yard, is a resource for students unfamiliar with knife-handling.

Recipe Contest Judging Criteria

The recipe will be scored on creativity, recipe presentation, use of Wisconsin agricultural products, school food service reproducibility (including affordability), culinary skills utilized, and level of application completion.

Creativity: The recipe will be judged on innovative use of ingredients and flavor combinations.

Recipe Presentation: The recipe will be judged on its description (included on the application form) and the photograph of the dish. Recipe descriptions should include the taste, texture, and appearance of the dish. It is recommended that you use descriptive words such as “colorful,” “crisp,” “hearty,” “spicy,” etc. The [Meal Appeal Sensory Word](#) handout has more descriptive word ideas. See the [Helpful Hints](#) handout for more information about food photography.

Wisconsin Agricultural Product: The recipe must include one of the following Wisconsin agricultural products as the main ingredient in the recipe: apples, broccoli, carrots, dairy (milk, cheese, or yogurt), potatoes (all varieties except sweet), or winter squash.

School Food Service Reproducibility: The recipe should be easily modified for use in school food service. Scoring will take into consideration student acceptability, ease of preparation, number and types of ingredients, cooking time, and recipe cost.

Culinary Skills: Recipes will be judged on culinary techniques, such as knife skills executed (e.g., chopping, dicing, mincing) and cooking methods utilized (e.g., baking, roasting, sautéing).

Application Completion: Reviewers will judge the application for inclusion of all ingredients, clear and concise instructions, appropriate serving size and yield, and completion of the nutritional analysis.

Cooking Competition

The top five finalists from the Recipe Contest will be invited to prepare their recipe at a Cooking Competition at the Madison Area Technical College – Truax Campus on **Thursday, May 18, 2023**. The finalists will receive a banner to display at their school and recognition on the Wisconsin Department of Public Instruction website. More than one team per school may enter the Recipe Contest, however only one team per school district will be invited to the Cooking Competition.

The five finalist schools will receive travel reimbursement for one vehicle to and from the Cooking Competition. Additionally, reimbursement of up to \$300 will be available for the purchase of ingredients to adjust, perfect, and test their recipes. Once recipes are perfected, teams must adjust their recipe to yield 48-50 servings, prepare this adjusted recipe, and conduct a taste test with their classmates. The adjusted recipe may be slightly different than the submitted recipe to allow for better use within quantity foodservice operations. The adjusted recipes will be provided to Wisconsin food service directors for use in school meals. A completed reimbursement form and receipts are required to be submitted. The Department of Public Instruction will only be able to reimburse the school/district for costs incurred.

Cooking Competition Requirements

- The team must prepare, cook, and plate their recipe (yield of four to eight servings) in less than two hours. Ingredients will be provided, and no food preparation may be done in advance.
- The team must plate six completed servings of their dish.
- The team must give the judging panel a brief presentation of their dish that includes an introduction of team members, a description of the dish, an explanation of the dish creation, and the student taste test results.

Equipment

The Cooking Competition will take place at a cooking lab facility at Madison Area Technical College – Truax Campus. At the Cooking Competition, teams will be responsible for cleaning their station, including equipment, and returning items to their proper place. Teams may not bring their own utensils or equipment to the competition. Each team will be provided with:

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| • Aprons and hairnets | • Electric hand mixer | • Measuring cups |
| • Baking pans/sheets | • Food processor | • Measuring spoons |
| • Cutting boards | • Frying pans | • Mixing bowls |
| • Disposable gloves | • Knives | • Rolling pin |

- Saucepans
- Scales
- Slotted spoons
- Spatulas
- Strainers
- Thermometers
- Tongs
- Vegetable peelers
- Whisks

Additional equipment may be available upon request.

Cooking Competition Judging Criteria

The dishes will be evaluated by a panel of judges based on the following criteria.

Overall Appeal: The dish will be judged on creativity, student appeal, use of local foods, and school food service reproducibility.

Appearance and Execution: The dish will be judged on color/plate appeal, aroma, and cooking quality.

Taste: The dish will be judged on the use of flavors, variety of textures, and serving temperature.

Presentation: Presentations should be 10 minutes in length and will be scored on thoroughness of dish introduction and ability to answer judge questions. Teams should discuss development of dish, nutritional content, results of student taste tests, and interaction with school food service staff (if applicable).

Contact

Please contact Wisconsin Team Nutrition at DPIFNSTeamNutrition@dpi.wi.gov with questions regarding the competition.

Non-Discrimination Statement

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U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

program.intake@usda.gov

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